

# STAYING WELL

## Breakfast Cereal

Breakfast cereals have been around for over 150 years! The first cereal was made in 1863. Soon to follow came varieties such as Corn Flakes, Puffed Wheat, Wheaties, Chex, and Cheerios.

During the mid-to-late 1900's Frosted Flakes, Fruity Pebbles, and Chocolate Pebbles were born. Now, there are hundreds of types of cereals on the market, some healthier than others. With all of the different options, it can be hard to choose a healthy kind.

### Here are some guidelines for picking the breakfast cereals with the most nutrition:

- Look for "100% whole grain" on the ingredient list
- Choose a cereal that has less than 200 calories, 220 mg of sodium and 10 grams of sugar per serving
- Aim for 5 grams of fiber per serving
- Add fruit for sweetness and substitute low-fat yogurt for milk to add more protein.



### Selection:

- Choose boxes that are free from any rips or tears. Rips and tears could mean the cereal is unsafe to eat.
- Check the "best by" or "best if used by" date on the box

### Storage:

- Store unopened boxes of cereal in a cool, clean, dry place for up to one year.
- After opening, keep the cereal tightly closed in the original package or in a re-sealable air tight plastic bag or container

### Uses:

- Cereal does not have to be just a breakfast food.
- Use cereal to add a crunchy layer to a yogurt and fruit parfait
- Mix cereal with pretzels, popcorn, dried fruit, and nuts for a sweet and salty snack.
- For a MyPlate friendly meal, try combining cereal with low-fat milk and berries.